

The Senior Edition

December 2014 Volume 17 Issue 12



The Town of Shrewsbury's Council on Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

"Let's Be Friends"

Do you have an idea or suggestion to replace or repair something at the Senior Center? Or do you know of something that should be purchased to benefit all who use the Center? Now that the proceeds from the Basket Raffle have given the Friends some funds to spend we are looking for projects that have been delayed or maybe a new idea for a purchase.

You can contact any member of the Friends Board who are listed below or leave a note at the front desk. Remember, it is the Friends that maintain this beautiful Senior Center and with your help it will remain an important part of Shrewsbury for a long time.



We hope to see you at the Holiday Party (Dec. 16th) as we join together to wish each and every one a very joyous holiday season. Season's Greetings

from: Louise Russell, President; Phyllis Pearson, Vice President; Doris Sena, Secretary; Lucy Cogswell, Assistant Secretary; Alice Johnson, Treasurer; Remy Zawisza, Assistant Treasurer; Mona Berman, Fundraising; Letty Ridinger, Hospitality; and Helene Tanenholz, Building Oversight Committee.

Friends of Shrewsbury Senior Center, Inc.

The September 2014 - September 2015 membership year has begun. Now is the time to renew your present membership or join for the first time. Please note that dues has increased to \$10. The Friends would like to thank the people that send in donations for the newsletter. It is greatly appreciated.

Membership cards are kept in a file box at the front desk. If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends!

Please check off one/both!

Enclosed are:

☐ \$ 10.00 My 2014-2015 Dues

☐ \$ _____ My contribution for *The Senior Edition* newsletter.

Name-----

Address-----

City, Zip-----

Make Checks payable to:

FSSC, Inc.

98 Maple Avenue, Shrewsbury, MA 01545



Friends of the Shrewsbury Senior Center, Inc.

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Volunteer Coordinator: Stacey Lavelly

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SHINE: Call the Senior Center for assistance

CARES Coordinator: Dave Grillo

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Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please do so by email: coavolun@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

**Deadline for January
2014 Newsletter is
December 4th**

**Senior Television Shows, SPAC-TV 28**

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.

Senior Center Events (1 hour): Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury events.

Seniors on the Move: (1/2 hour) Tues. at 2:00pm and Wed. 10am and Fri. 1pm. Also, 1 hour program on Tues. 7am. Host : Karen McKenzie

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsbury-ma.gov.

Senator

Michael O. Moore

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**Outreach News**

By Outreach Coordinator Walter Rice, LCSW

Call 508-841-8647 for any assistance you may need.

Your contact with me is confidential

SMOC Fuel Assistance: New applications for 2015 began for Fuel Assistance. The maximum gross income for eligibility for 1 person is \$32,618.00 and for 2 persons is \$42,654.00. New applicants 60+ can apply at the Senior Center by contacting Walter Rice.

Those under 60 can apply at Shrewsbury Youth and Family Services. One can apply at the SMOC Office at 7 Bishop St. Framingham, MA starting in November. Their number is 508-620-1230 or 800-286-6776.

Small Home Repair Program (SHRP): Fall weather means people need help with fans, screens, and air conditioners! PLEASE don't try to take on these tasks yourself! Keep this helpful program in mind for these and other small repairs that can be done. Also repairing unsafe steps and stairs, railings or other things to keep you safe in your home. Contact Walter to explore the options that are available.

New Emergency List: This updated list will consist of residents who want a well-being check in the event of severe weather or an unforeseen emergency, such as hurricanes, loss of electricity and more. For anyone on oxygen or other life-sustaining equipment, this should be a must. Please note this is NOT an R.U.OK program well-being check. **Call the Senior Center to be added to the new list.** *The Outreach Program can provide emotional support and referrals to various services. You are NOT alone in dealing with whatever problem you may be facing. Do not be afraid to ask for help!*

Stress Management Classes: Stress Management classes are on Wednesdays from 1:00pm to 2:00pm. The focus of this FREE group class is to help reduce stress & anxiety that may be happening in your life. If you have concerns or questions about this group, feel free to call Walter Rice at 508-841-8647.

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December, Free Health Screenings:

12/09, 10:00am Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

12/09, 1-2:00pm: 12/09 Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

12/17, 8:00-12:00 Quarterly Blood Sugar and Cholesterol Testing: sign up for important screening

Every Wednesday at Noon: Blood Pressure Screenings

Fri. Dec. 5th, 10:00am - 11:00pm Smoothie Workshop: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.

Mon. Dec. 8th, Sen. Moore Office Hours, 10-11am: Senator Michael Moore will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

Fri. Dec. 12th, Movie and Lunch 11:30am:

Featuring THE MIRACLE ON 34TH STREET which opens during Manhattan's Christmas Parade as Macy's executive Doris Walker (Maureen O'Hara) finds the Santa Claus for the store float so drunk he can't stand up. Chiding Doris for employing such a derelict is a kindly, white-bearded man who, when she asks his name, tells her it's "Kris Kringle." Ignoring this, she pleads with him to replace the drunk, and he proves such a crowd-pleaser that she hires him as Macy's resident Santa for the holiday rush. This sets in motion a series of events in which Kris touches the lives of many, teaching them a lot about faith and the true meaning of Christmas. Among those touched are Doris, her sophisticated little girl, Susan (Natalie Wood), who thinks the very idea of Santa Claus is ridiculous. . Released: 1947 B/W, Rated: NR, Length: 96 minutes. Call the Senior Center to reserve your seat and enjoy complimentary refreshments. **Seating is limited. Movie will start promptly at 11:30.** Consider having lunch at 11:00 at the Village Café for \$2.50.

Tues. Dec. 16th 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program: You are invited to a Holiday Celebration. Bill Sbrogna will entertain with a program of songs of the season and some of the greatest songs made famous by our favorite entertainers - Frank Sinatra, Dean Martin, Bobby Darin, Elvis and more. Bring a friend, or come and make a new friend, and enjoy an afternoon of holiday cheer and wonderful music. Refreshments will be served.

Tues. Dec. 16th Legal Clinic, 9:00am-12pm: This month's volunteer elder law attorney is Richard Barry. Slots fill quickly. Advance sign-up required, call the Senior Center to register.

Thurs. Dec. 18th Blood Drive 2:00-8:00pm

One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-Life.

Thurs. Dec. 18th 2:00pm, Book Chat: For this month's discussion please read the book "Remarkable Creatures" by Tracy Chevalier. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Friday, Dec. 19th at 12pm, Representative

Matt Beaton: is sponsoring a Christmas Ham Luncheon & Entertainment by Malcolm Halliday. Enjoy a delicious ham dinner and dessert and listen to the very talented Malcolm Halliday perform festive holiday music. **Please sign up at the Front Desk by December 5th. Event is open to first 150 seniors registered.**

Fri. Mornings at 10:00am till Noon Writers Group. Come join the writers group, you will never feel forlorn. Poems, Prose and Limericks, Memories of the past, commit them down on paper, make sure your history will last.

More Senior Center Events on Page 8.

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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

Florida-based Kids Wish Network claims to be a charity "where dreams really do come true" for dying children and their families. But a 2013 report by the news organization CNN exposed Kids Wish Network as a financial windfall for its founder and fundraisers. Only 3% of \$127million donated was spent to help kids according to CNN, making it "America's worst charity." On the website of CharityWatch, a watchdog group. I learned that Breast Cancer Charities of America, which claims to directly assist breast cancer sufferers, spends only 2% of donations on such aid. I also learned that those evangelists and other preachers who broadcast on television are exempted as religious organizations from having to disclose what they do with donors' gifts. However, because of an employee's lawsuit, one prominent religious network, Daystar, was found to spend only 5% of donations on ministry and aid work. As I write this column on November 5th, one helpful feature currently on the CharityWatch website's "Hot Topics" page lists legitimate charities to consider for those wishing to donate to the cause of humanitarian relief for victims and refugees from Syria. CharityWatch (P.O. Box 578460, Chicago, IL 60657; 773-529-2300; comprehensive ratings and information website at charitywatch.org) rates all types of charities on how well or poorly they fulfill their publicized missions. The Better Business Bureau (bbb.org/us/charity; 703-276-0100), Charity Navigator (charitynavigator.org; 201-818-1288), and GuideStar (GuideStar.org) also evaluate most large charities. Contact the Office of the Massachusetts Attorney General (617-727-2200; mass.gov/ago) to learn if a charity is registered (as required) to solicit in Massachusetts. Don't be enticed by a charity's name. Question any solicitors who interest you, then dig deeper by consulting resources such as those I have listed. Maybe a more helpful consideration is whether or not you should give blindly to any organization with an appealing (possibly well-marketed) story. People in need often do need real help. Yet, legitimate charities and scam enterprises can seem alike. Within your limited resources, you might consider researching one or two causes that appeal to you. Your well-intentioned gift of any amount will help. Or donate the invaluable gift of your time as a volunteer to a local charity; you'll be able to witness for yourself whether or not a real difference is being made. On behalf of my family, I wish for all of you a healthy and happy holiday season and 2015!

Volunteer Corner

Coordinator

Stacey Lavelly 508-841-8758

Council On Aging December 2014 Volunteer Opportunities



Fill-in Receptionist: Are you an outgoing person, with a flexible schedule who enjoys lots of variety? We are looking for fill-in receptionists at our front desk. The shifts are either 8am-12pm or 12pm-4pm. Duties include answering phones, helping people who come to the reception desk, assisting seniors and other office duties. No experience is necessary but a positive attitude and dependability are!!



Meals On Wheels Drivers: We are desperately seeking drivers to deliver meals to homebound seniors. Winter is the time of year we have the most critical need as our deliveries greatly increase! If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon.



Meals On Wheels On -Call Meal Site Assistance: Please join us in preparing meals for homebound seniors in our community! If you have a flexible schedule we would greatly appreciate your assistance. This is a on-call position No experience necessary. Hours are 8:30-12pm.



The holidays are here and what better way to say I care than to help others. Your kindness will make your day and someone else's a little brighter! Many people volunteer their time and talents to our center and I feel fortunate to have each and every one of them on the team. So it is with a heavy heart that I must inform you of the passing of some of our teammates: Ronald Davis from the newsletter team; Dominic Vignola whose artwork graces the note cards sold by The Friends; and COA Board Chairman Tim Swiss' wife – Carol. My deepest sympathy and gratitude goes out to each of their families who shared them with us. In the name of these amazing volunteers, I hope you too will follow in their footsteps of selfless service.


Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities. New volunteer opportunities come in all the time.

Commonwealth
of Massachusetts
House of Representatives



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Thursdays 9-11 AM



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TRAVEL

Seniors On The Go: For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: www.boylstonseniersonthego.com.

Wed. 3/4/2015: "Lie, Cheat & Genuflect" at the Newport Playhouse, Newport, RI. **Price of \$79.00 p/p** includes transportation, buffet, show and cabaret after the show. Join your friends for a day full of laughter when a nephew of the deceased, poses as a the niece who is a nun, to claim her inheritance.

Wed. 3/11/2015: "Irish Cabaret" at the Venus De Milo Restaurant, Swansea, MA. Join us to celebrate St. Patrick's Day with Corned Beef and Cabbage or Baked Scrod. This award winning cast direct from Dublin Ireland will reward you with Song, Comedy and of course Irish Dancers. **Price of \$88.00** includes transportation, Luncheon and show.

Wed. 4/8/2015: "When the Cat's Away" at the Newport Playhouse, Newport, RI. When Mildred & Ethel go to Paris, The Mice Will Play. The husbands invite two charming little sex kittens over. You can just imagine what happens when the wives come home prematurely. **Price of \$79.00 p/p** includes transportation, buffet, show and cabaret after the show.

The Happy Travelers: Bus trips for the over 50 traveler. Pick up brochures at the West Boylston or Shrewsbury Senior Centers. Call Gladys Merrow at (508) 835-4312 if you have any questions or want to reserve a seat. Driver gratuity & cancellation waiver fee included in all of our day trips.

12/14 - Regal Players Christmas Show and lunch @ **\$90.00/pp**

06/13/15 "Kinky Boots" at P.P.A.C. & lunch at Spirto's of Providence @ **\$139.00/pp** (full, waiting list)

Over night trip: See brochures for pricing

3/01-3/03 2015 Philadelphia Flower Show including Longwood Gardens starting at **\$469.00pp double**.

For Bermuda trips call 508-421-6882

5/02-5/09, 2015 - Holland America cruise, Bermuda from Boston.

Shrewsbury Friends Men's Club meets on

Thursdays, 9:00 to 11:00am: The following speakers will be attending the November meetings:

12/4 - Henry Grampiotro - Photography

12/11 - Jim Arnold - Weatherman

12/18 - Men's Friends Club Luncheon - Christmas Party

**Trip to Foxwoods Casino, Wed.**

Dec. 3rd, 8am: Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

Bob Zinkus 2014 Trips: Call 508-757-1210 or email zworchester@verizon.net

December 4 - Foxwoods Casino - Receive \$10 slot play and a buffet voucher upon arrival. Prizes & video on the bus. **Price \$24** which includes gratuity for the driver.

December 31 - Celebrate New Years at Noon aboard the luxurious ship "The Odyssey" for a two hour cruise around Boston Harbor. Wonderful luncheon with champagne toast. Enjoy the party favors and entertainment. Bring in the New Year early. **Price \$81** which includes gratuity for the driver

New Year's At Noon: Wednesday

Dec. 31st at 9:30am: The Retired Men's Club of Greendale Presents!! New Year's At Noon. Tour includes Luncheon on the Boston Harbor, DJ Entertainment, Champagne Toast & Party Favors, Boston Sightseeing on a Luxury Silver Fox Coach.

Cost **\$81.00 pp.** (Includes Driver Gratuity) **Contact George Barry at 508-799-0739, or george.barry77@yahoo.com.** After the cruise returns, you'll board the coach for a view of the Holiday Lights and Ice Rink on the Boston Common.

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Fri. Dec. 5th, 12:00 p.m. Shrewsbury Woman's Club Meeting: Featuring a "Tiny Treasures" Chinese Auction. Good things come in small packages! Proceeds will go toward funding 2015 for Shrewsbury residents. Remember our monthly food collection for Shrewsbury Human Services Food Pantry at St. Anne's Church. Members and guests are welcome. First Congregational Church, Gifford Hall on Church Rd. The auction starts at 1 PM.

Sat. Dec. 6th 9:00-Noon, Cookie Walk and Bake Sale : Mt. Olivet Lutheran Church, 34 Prospect St. Pies, cakes, breads, bars, candy, etc. for sale. The Cookie Walk involves customer selection from numerous varieties of cookies; fill a coffee can for a fixed price per can. Questions can be directed to the church office either by phone 508-842-2731 or email office_mtolivet@townisp.com.

Mon. Dec. 8th, 1:00, The Bancroft Chapter AARP #2599: The Bancroft Chapter #2599 AARP will hold its monthly meeting at 1 p.m. December 8th at the Phelen Center of Blessed Sacrament Church, 511 Pleasant St. Worcester, MA. We have a holiday musical program for all to enjoy. Refreshments will follow. Members of AARP are invited to attend the meeting and join the chapter. Please bring a friend! For more information, call Edna Hanson at 508-886-7199, email at hanson7199@charter.net

Thurs. Dec. 11th, 5:30 Community Dinner: At the Shrewsbury High School, entertainment by the Blackstone Community Band. **Dinner at 5:30, entertainment at 7:00.** Menu: Swedish Meatballs, peas, mashed potatoes, Italian Wedding soup and dessert. Cost is \$2.00. **Please register at the Sr. Center front desk and be sure to leave your phone number in case of a cancellation.**



Sat. Dec. 13th, 7:30pm Holiday Songs Around the World Concert: Highlighting the International flavor of some of our favorite Holiday Carols. Location is at the Mt. Olivet Church on Prospect St. Shrewsbury. Free Will offering to Benefit Shrewsbury Ecumenical Christmas. Contact: Cindi Stem, 508-756-5895.



Practice Fire Safety in This Season of Giving

Please see the brochure in the lobby provided by the Shrewsbury Fire Department.

Christmas Tree and All the Trimmings

Use wire or fishing cord to anchor the tree to a wall or ceiling. This will keep it from tipping over on children and pets.

Keep trees away from doors, stairs, windows and other paths of escape during a fire or emergency.

Use only UL approved, non-combustible decorations in your home or on the tree.

Choose a freshly cut tree. Check and refill with water every day.

Never use candles to light the tree!

Turn off all tree lights and spotlights when you leave the house or go to bed.

Electrical cords weren't meant to look like spaghetti. A tangle of cords is more than a mess, they're a fire hazard.

Keep candles at least 3 feet away from anything that can burn, including wrapping paper, decorations and draperies.

If you and your guests are going to be drinking alcohol, use electric or battery-powered candles.

Cooking with hot oil - always turn pot handles away from the edge of the stove so they can't be knocked over.

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Support Group Meetings Available

Tues. Dec. 2nd. (1st. Tuesday of each month):

*Bereavement Support Group, Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm contact number 508-852-5505.

*Dementia and Alzheimer Program for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm contact number 508-853-8180.

Wed. Dec. 3rd. (1st. Wednesday of each month):

*Central Massachusetts LBD Caregivers Support Group, Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, 6:30- 8 pm. Contact Cathy Flanagan at 508-735-2059.

Mon. Dec. 8th (2nd. Monday of each month):

*Alzheimer's Caregivers Support Group, 6:00pm - 8:00pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

*Better Breathers Support Group, Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134.

*Alzheimer's and Memory Loss Support Group 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Drive, Northbridge. Contact number 508-234-6481.

Tues. Dec. 9th (2nd. Tuesday of each month):

***Support Group for Grandparents Raising Grandchildren**, 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided.

Thurs. Dec. 11th: (2nd. Thursday of each month):

*Worcester Prostate Cancer Support Group, UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6:00-7:30 pm. Contact is Carl Barstow (508-835-3390).

***Caregivers** Support Group, Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. Contact number 508-752-2546.

***Low Vision** Support Group, Northborough Senior Center, Northborough, MA 1-3 pm. Contact number 508-393-5035.

Thurs. Dec. 11th, (2/4 Thursdays of each month): *Early Stage Alzheimer's Patient Group, 5 Whitney Place, Westborough, Second and Forth Thursdays 10:30-12pm. Family & **Carepartner Alzheimer's** Support Group held the first Tuesday of the each month from 1-8:30pm at the conference room on the 2nd floor. Contact Gary Davis at 508-836-4354.

Tues. Dec. 16th: (3rd., Tuesday of each month):

*Alzheimer's and related dementia caregiver support group. Shrewsbury Crossing at 5pm. Contact Kelly Marcimo at 508-845-2100.

***Bereavement Group**, Northborough Senior Center. Contact Carol Recchion at 508-754-0052, 10-11:30am.

Sun. Dec. 21st: (4th., Sunday of each month): Create A Better Day Café. 1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.

NEWS FROM SHINE DECEMBER 2014

Don't Wait Until It's Too Late!

Make a SHINE Appointment Now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You may also contact Medicare directly at 1-800-MEDICARE. Their customer service is available 7 days a week 24 hours a day.

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org.



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Shrewsbury Senior

Mondays
11am
Join Us!

Citizen's Club



Wed. Jan. 7th 2015 9:30, Senior Fitness & Nutrition:

Want to look and feel better while improving strength, flexibility, and endurance? Join us at the Senior Center on Wednesday mornings at 9:30am starting on January 7th. Exercise mind and body with the latest in aging research, falls prevention, and nutrition. Karen McKenzie is one of the country's first senior fitness specialist and host of TV talk show "Seniors on the Move". Stay active and informed. There will be 8 sessions. Sign up at the Parks Dept.



Thurs. Dec. 11th., 9am – 3pm: Another great yard sale inside the Senior Center. You will find decorations for all seasons, pictures, home goods and more all at fabulous prices! A portion of the proceeds goes to the Senior Center and the kitchen area.



Holiday Toy Drive: Now through December 12th: Please donate a new non-violent toys for needy children in our community served by Shrewsbury Youth and

Family Services and the Worcester County Department of Children and Families. Sports balls and gift cards are especially needed for teens. Thank you for your generosity. **Look for the toy box in the lobby. It is a big red box with candy canes and has balloons.** Thank you for your donation.

Shrewsbury Senior Center Giving Tree:

Please consider donating a \$10-\$25 gift card to help a fellow senior in need this holiday season. Gift cards are requested to help with practical needs, such as groceries, personal items, gas and pet care. Cards for CVS, Price Chopper, Shaw's, Stop & Shop, Walgreen's, Walmart and PetCo are just a few suggestions. Gift cards will be accepted at the Senior Center's front desk. This special holiday program is coordinated by the COA's Nutrition program and will continue through **Dec. 16th**. For more information, please call Beth Murray, Dining Site Manager at 508-841-8757. **Thank you in advance for whatever you can give!**



Free Coffee, Donuts and Muffins

when you help us stick the mailing labels on *The Senior Edition Newsletter*. This month's mailing date is **FRIDAY Dec. 19th** at 8:30am which is early because of the holiday. Come join in a fun two hours!

New Ways to Beat Diabetes.

More than 29 million Americans suffer from diabetes and an additional 86 million are at high risk for developing this chronic, debilitating disease, according to the U.S. Center for Disease Control and Prevention. If you're getting older or putting on weight, your risk for diabetes goes up. But you can improve your body's response to insulin and reset your natural ability to metabolize the glucose in your blood.

Cut the fat, up the fiber

The ideal diabetes prevention diet should consist of 15% fat, 15% protein, and 70% carbohydrates, with the majority of those carbs coming from fruits, vegetable and whole grains. Fiber makes you feel full more quickly and helps you absorb calories more slowly.

Don't rely on supplements

New research finds that whole foods, mainly fruits and vegetables, contain enzymes that help activate the nutrients your body needs for weight and blood sugar control.

Get 6 to 8 hours of sleep nightly

Researchers found that people who slept less than 5 or 6 hours a night were more likely to develop diabetes than those who slept six to eight hours.

Calm yourself

When you're stressed, your levels of the stress hormone cortisol go up and inflammatory chemicals called cytokines increase. Reducing stress improves blood sugar control.

Stop being a weekend warrior

Physicians recommend 150 minutes of exercise a week, ideally exercising every day or every other, not just once on the weekend for several hours.

Exercise in a cold gym

With a temp of 62-65 degrees you generate and activate brown fat, which keeps your organs warm and promotes lean muscle tissue and calorie burning.

Ask about new meds

The latest class of diabetes medications blocks the kidneys from reabsorbing glucose. So people taking these medication secrete excess glucose through their urine.



Notice Regarding Prescription Drug

Take-Back: Effective immediately, seniors and others may no longer hand in unused or unwanted prescription drugs to Senior Center staff or volunteers. Dr. Clermont will be in the building

on Wednesdays between 11:30 am and 2:00 pm. He has agreed to accept unused or unwanted prescriptions. Seniors are instructed to hand these prescriptions to him directly between these hours only. **Under no circumstances** should unused or unwanted prescriptions be handed to Senior Center staff or volunteers, and no prescriptions should be left at the Senior Center.



Please take a couple of minutes to fill out our brief transportation survey to help Central Massachusetts plan a better transportation future! This survey will help identify your needs and priorities which will help guide **Mobility2040** – the Central Mass Long Range Transportation Plan. To learn more about **Mobility 2040**, please visit cmrpc.org/mobility2040. You can watch our video, take our online survey, and keep up-to-date on meetings and materials. You can follow the plan on Twitter: @mobility2040, or email any comments to trans@cmrpc.org. For those who are unable to use the computer the Shrewsbury Senior Center will have a copy of the survey for you to fill out. Just ask at the front desk. **Thank you for your assistance!**

The Great Debate - Soap vs. Hand Sanitizer

We know that cleanliness is critical. But is hand sanitizer the way to go - or can we rely on good old-fashioned soap and water? Turns out a good lather of soap and warm water is more effective against norovirus and the flu, and studies show that it is equally good against some other bugs. So follow the experts' rule of thumb: Wash when you can; sanitize when you can't.



Soap gets the job done beautifully- and it's cheap. Lather for at least 20 seconds then dry completely.



Choose an alcohol based brand of sanitizer. Be sure to use plenty and rub your hands thoroughly until they dry.

Our Senior Center Helpful Publications

When you come to visit us at the Shrewsbury Senior Center take a look around to see what Publications we have for you free.



Home Heating Booklet: It's that time of year for thinking what to do for the cold weather. The Home Heating Booklet, put together by Shrewsbury's Home Heating Group, is available at the Senior Center. There are many home heating consumer and safety tips for all residents, whether they be home owners or renters, and regardless of how the home is heated. One page is devoted to Weather Emergencies. If you haven't already prepared an Emergency Kit, there are still free totes with checklists available at the Senior Center, courtesy of UMASS. Come by and get a booklet and tote!

Money Smart for Older Adults: This is a Participant/Resource Guide. Prevent Financial Exploitation information a welcome booklet to Money Smart for Older Adults.



The Caregiver's Guide: A helpful guide to Caregivers produced by the Central Mass. Family Caregiver Support Program, and a collaborative effort of Central Mass. Agency on Aging, Elder Services of Worcester.



Shrewsbury Public Library Outreach Services: A personalized program of library service for individuals who are unable to visit the library. A mobile book service.



Medication Safety In Your Home:

An informative booklet the can help you practice medication safety and avoid adverse drug events?.

Home Staff: Setting the gold standard in Private Duty Home Care. Quality Care, Peace of Mind and Personalized Care



Shrewsbury Helpful Telephone

Numbers: This pamphlet is a very helpful list of Citizen Information services, Emergency and Local Services phone numbers.

Books- please check in all books you are contributing to the front desk at the Senior Center. Please do not drop them in the lobby.

Message from the Shrewsbury Public Library

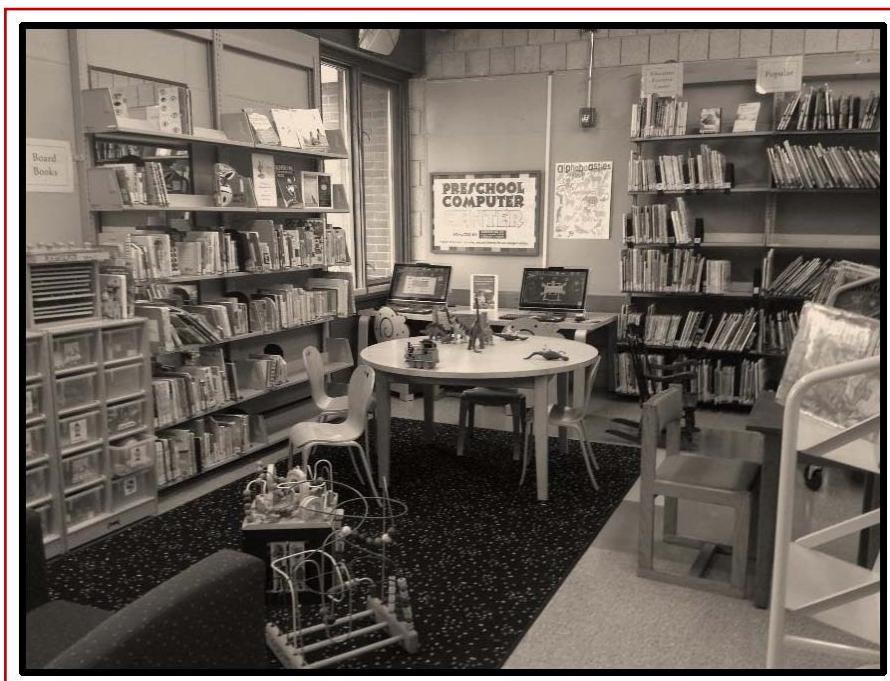


The Library is now open at the temporary site at 214 Lake Street, behind the Glavin Regional Center. The staff is happy to welcome patrons to the library's new home. Visitors can find new books, books in large print, books on tape, DVDs, blu-rays, and music CDs to borrow. Newspapers and periodicals can be perused in a comfortable space.

Public computers and Wi-Fi are accessible and the same friendly librarians are available to help patrons request materials from other libraries, or assist with technology-related questions. As many of you know, you can download e-books, magazines, music, and audio books to your Kindles, Nooks or iPads any time from any remote location. You are also welcome to come to the library and the staff will be happy to show you how to download e-content to your devices.



Shrewsbury Public Library



The Children's room has a cozy feel to it with a play area, toys, computers, and of course, lots of books! The children's staff has a number of story times scheduled for babies, toddlers, and preschoolers. So, bring your grandkids and come and enjoy a story

time and watch them play or make a craft!

The meeting room space in the library seats about 35 people and we will continue to offer informative and entertaining programs. The Eclectic book club meets on the third Wednesday of the month, at 10:30 AM. Anyone is welcome to drop in and participate in the discussion. If you're interested in knowing what next month's book is, please call 508-842-0081x3. We will provide you the books.

Outreach service is available for those unable to get to the library. Our Outreach Librarian, Deb Mayo can be reached at 508-842-0081x6. She can schedule a time to deliver items to you.

Library hours are Monday-Thursday – 10 AM-9 PM; Friday – 10-5 PM; Saturday – 9-5 PM and Sunday – 1-5 PM.

We hope you will stop by soon!

Priya Rathnam

Assistant Director




On-Going Activities

December 2014



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 9-11:30 Roger's Coffee Shop 9:30 Piece Makers 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 2:00 - 3:30 Current Event Group | 8:00 Beginners Tai Chi 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing 12-1:30 Painting with Elaine 1:45-3:15 Art is 4 Every1 12:30-4:00 Duplicate Bridge 2:00 Men's Billiards | 8:30 Advanced Tai Chi 9-11:30 Roger's Coffee Shop 10-11:30 Basic Drawing (Canceled) 11:00 Yoga 12:00-1:00 BP/ Weight Screening 1:00-2:00 Stress Management 1:00-2:00 Pilates 1:00-3:30 Whist 2:30 Country/Western Dancing | 9:00-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:30-11:00 Scrapbooking 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Book Chat 2:00 Men's Billiards | 9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 12:30 - 1:30 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors |

Please note: Call the Senior Center at (508)841-8640 to sign up for screenings, clinics and special events. ** Participants must register with Parks Dept. 508-841-8503

| | | | | |
|--|--|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| Spaghetti & Meatballs | Potato Crunch Fish | 8:00 - Trip to Foxwoods Garlic Herb Roast Pork | Greek Chicken | 10:00- 11:00 Smoothie workshop Salisbury Steak |
| 8 | 9 | 10 | 11 | 12 |
| 10:00 - 11:00 Senator Moore Tuna Noodle Casserole | Van Trip: Walmart 10:00 Spinal Screening 1:00 Hearing Screening Chicken Murphy | 10:00 COA Board Meeting Cheese/Spinach Omelet | Meatloaf & Gravy | 11:30 Movie and Lunch Chicken Stew |
| 15 | 16 | 17 | 18 | 19 |
| BBQ Chicken | Van Trip: Solomon Pond Mall 9:00-12:00 Legal Clinic 1:00 Friends Inc., Program (Holiday Party) Swedish Meatballs | 8-12:00 Blood Sugar & Cholesterol Screening Beef Stew | 2:00-3:00 Book Chat 2:00-8pm Red Cross Blood Drive 5:30 Community Dinner SHS Salmon Boat w/Dill Sauce | 8:30 Newsletter Mailing 12:00 - Matt Beaton Christmas Luncheon Turkey a La King |
| 22 | 23 | 24 | 25 | 26 |
| Chicken Primavera | Van Trip: Burlington Coat Factory Roast Beef Au Jus | Hot Dog on a Bun |  | Chicken Salad |
| 29 | 30 | 31 | All municipal offices are closed PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and special events. The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757, meals are \$2.50. All reservations must be made by noon, (2) business days in advance at the latest, to reserve your seat.. Meal menu may change without | |
| Shepard's Pie | Chicken Cacciatore | Potato Crunch Fish | | |